

USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: Vitamin K (phylloquinone) (µg)

Food Groups: Poultry Products
Food Subset: All Foods
Ordered by: Nutrient Content
Measured by: Household
Report Run at: November 14, 2015 12:47 EST

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
05147	Goose, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	7.1
05140	Duck, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	7.1
43283	Pheasant, cooked, total edible	140.0	1.0 cup, chopped or diced	6.9
05323	Chicken patty, frozen, uncooked	60.0	1.0 patty	6.7
05190	Turkey, all classes, back, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	6.3
43287	Dove, cooked (includes squab)	140.0	1.0 cup, chopped or diced	5.6
05070	Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	5.6
05045	Chicken, broilers or fryers, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	5.5
05142	Duck, domesticated, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	5.3
05099	Chicken, broilers or fryers, thigh, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	5.0
05046	Chicken, broilers or fryers, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	5.0
05079	Chicken, broilers or fryers, leg, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	4.9
05139	Duck, domesticated, meat and skin, raw	85.0	3.0 oz	4.7
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	116.0	1.0 thigh without skin	4.5
05094	Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted	137.0	1.0 thigh with skin	4.5
05126	Chicken, stewing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	4.3
05096	Chicken, broilers or fryers, dark meat, thigh, meat only, raw	149.0	1.0 thigh without skin	4.3
05091	Chicken, broilers or fryers, thigh, meat and skin, raw	193.0	1.0 thigh with skin	4.1
05622	Emu, ground, cooked, pan-broiled	109.0	1.0 patty (yield from 135.8 g raw meat)	3.9
05012	Chicken, broilers or fryers, meat only, cooked, fried	140.0	1.0 cup, chopped or diced	3.9
05141	Duck, domesticated, meat only, raw	137.0	1.0 unit (yield from 1 lb ready-to-cook duck)	3.8
05071	Chicken, broilers or fryers, dark meat, drumstick, meat only, raw	130.0	1.0 drumstick with skin	3.8
05746	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised	85.0	3.0 oz	3.7
05680	Chicken, dark meat, drumstick, meat only, with added solution, cooked, braised	95.0	1.0 drumstick without skin	3.5
05687	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, braised	106.0	1.0 drumstick with skin	3.5
05052	Chicken, broilers or fryers, back, meat and skin, cooked, stewed	85.0	3.0 oz	3.5
05073	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	96.0	1.0 drumstick without skin	3.4
05069	Chicken, broilers or fryers, drumstick, meat and skin, cooked, roasted	105.0	1.0 drumstick with skin (yield from 1 lb ready-to-cook chicken)	3.4

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
05013	Chicken, broilers or fryers, meat only, roasted	140.0	1.0 cup, chopped or diced	3.4
05014	Chicken, broilers or fryers, meat only, stewed	140.0	1.0 cup, chopped or diced	3.4
05009	Chicken, broilers or fryers, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	3.4
05066	Chicken, broilers or fryers, drumstick, meat and skin, raw	133.0	1.0 drumstick with skin	3.3
05078	Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	85.0	3.0 oz	3.3
05642	Ostrich, ground, cooked, pan-broiled	93.0	1.0 patty	3.3
05083	Chicken, broilers or fryers, leg, meat only, cooked, stewed	85.0	3.0 oz	3.1
05082	Chicken, broilers or fryers, leg, meat only, cooked, roasted	85.0	3.0 oz	3.1
05010	Chicken, broilers or fryers, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	2.9
05074	Chicken, broilers or fryers, drumstick, meat only, cooked, stewed	85.0	3.0 oz	2.9
05342	Chicken, broilers or fryers, breast, meat only, cooked, rotisserie, original seasoning	85.0	3.0 oz	2.9
05658	Ostrich, top loin, cooked	85.0	1.0 serving (3 oz)	2.9
05029	Chicken, broilers or fryers, light meat, meat and skin, raw	116.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	2.8
05119	Chicken, roasting, dark meat, meat only, raw	113.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	2.7
05336	USDA Commodity Chicken, canned, meat only, drained	135.0	1.0 cup drained	2.7
05036	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, flour	110.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	2.6
05043	Chicken, broilers or fryers, dark meat, meat only, raw	109.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	2.6
05277	Chicken, canned, meat only, with broth	142.0	1.0 can (5 oz)	2.6
05131	Chicken, stewing, dark meat, meat only, raw	105.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	2.5
05324	Chicken patty, frozen, cooked	60.0	1.0 patty	2.5
05080	Chicken, broilers or fryers, leg, meat only, raw	85.0	3.0 oz	2.4
05117	Chicken, roasting, light meat, meat only, raw	99.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	2.4
05327	Chicken breast tenders, breaded, uncooked	15.0	1.0 piece	2.2
05337	USDA Commodity, Chicken, canned, meat only, with water	135.0	1.0 cup drained	2.2
05338	USDA Commodity, Chicken, canned, meat only, with broth	135.0	1.0 cup drained	2.2
05129	Chicken, stewing, light meat, meat only, raw	89.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	2.1
05039	Chicken, broilers or fryers, light meat, meat only, raw	88.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	2.1
05310	Chicken, cornish game hens, meat only, cooked, roasted	85.0	3.0 oz	2.0
05123	Chicken, stewing, meat and skin, raw	85.0	3.0 oz	2.0
05307	Chicken, cornish game hens, meat and skin, raw	85.0	3.0 oz	2.0
05007	Chicken, broilers or fryers, meat and skin, cooked, fried, batter	85.0	3.0 oz	2.0
05308	Chicken, cornish game hens, meat and skin, cooked, roasted	85.0	3.0 oz	2.0
05008	Chicken, broilers or fryers, meat and skin, cooked, fried, flour	85.0	3.0 oz	2.0
05034	Chicken, broilers or fryers, dark meat, meat and skin, raw	85.0	3.0 oz	2.0
05113	Chicken, roasting, meat only, raw	85.0	3.0 oz	2.0

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
05004	Chicken, broilers or fryers, meat and skin and giblets and neck, roasted	85.0	3.0 oz	2.0
05135	Chicken, capons, meat and skin, raw	85.0	3.0 oz	2.0
05309	Chicken, cornish game hens, meat only, raw	85.0	3.0 oz	2.0
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	84.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	2.0
05075	Chicken, broilers or fryers, leg, meat and skin, raw	85.0	3.0 oz	2.0
05031	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, flour	78.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.9
05333	Chicken, ground, crumbles, cooked, pan-browned	85.0	3.0 oz crumbled	1.8
05125	Chicken, stewing, meat only, raw	85.0	3.0 oz	1.7
05122	Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	85.0	3.0 oz	1.6
05095	Chicken, broilers or fryers, thigh, meat and skin, cooked, stewed	41.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.6
05051	Chicken, broilers or fryers, back, meat and skin, cooked, roasted	32.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.6
05011	Chicken, broilers or fryers, meat only, raw	85.0	3.0 oz	1.5
05048	Chicken, broilers or fryers, back, meat and skin, raw	59.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.4
05015	Chicken, broilers or fryers, skin only, raw	47.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.4
05006	Chicken, broilers or fryers, meat and skin, raw	85.0	3.0 oz	1.3
05063	Chicken, broilers or fryers, breast, meat only, cooked, fried	52.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.2
43282	Quail, cooked, total edible	28.35	1.0 oz	1.2
05284	Turkey, canned, meat only, with broth	135.0	1.0 cup, drained	0.9
05332	Chicken, ground, raw	112.0	4.0 oz crumbled	0.9
05018	Chicken, broilers or fryers, skin only, cooked, roasted	34.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.8
05053	Chicken, broilers or fryers, back, meat only, raw	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.7
05200	Turkey, fryer-roasters, meat and skin, cooked, roasted	85.0	3.0 oz	0.7
05311	Chicken, canned, no broth	28.0	1.0 oz	0.6
05326	Chicken breast tenders, breaded, cooked, microwaved	15.0	1.0 piece	0.6
05056	Chicken, broilers or fryers, back, meat only, cooked, stewed	26.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.6
05055	Chicken, broilers or fryers, back, meat only, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.6
05087	Chicken, broilers or fryers, neck, meat and skin, cooked simmered	11.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.4
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.4
05118	Chicken, roasting, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.4
05041	Chicken, broilers or fryers, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.4
05060	Chicken, broilers or fryers, breast, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.4
05677	Chicken, broilers or fryers, dark meat, thigh, meat and skin, cooked, braised	111.0	1.0 thigh without skin	0.3
05672	Chicken, broilers or fryers, dark meat, thigh, meat only, cooked, braised	111.0	1.0 thigh without skin	0.3
05047	Chicken, broilers or fryers, separable fat, raw	12.8	1.0 tbsp	0.3
05676	Chicken, broilers or fryers, dark meat, drumstick, meat and skin, cooked, braised	95.0	1.0 drumstick without skin	0.3

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
05061	Chicken, broilers or fryers, breast, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.3
05108	Chicken, broilers or fryers, wing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.3
05104	Chicken, broilers or fryers, wing, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.3
05065	Chicken, broilers or fryers, breast, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.3
05042	Chicken, broilers or fryers, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.3
05103	Chicken, broilers or fryers, wing, meat and skin, cooked, roasted	85.0	1.0 piece	0.3
05690	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, braised	85.0	3.0 oz	0.3
05671	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, braised	95.0	1.0 drumstick without skin	0.2
05681	Chicken, dark meat, thigh, meat only, with added solution, cooked, braised	85.0	3.0 oz	0.2
05675	Chicken, skin (drumsticks and thighs), cooked, roasted	28.35	1.0 oz	0.1
05686	Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted	28.35	1.0 oz	0.1
05674	Chicken, skin (drumsticks and thighs), raw	28.35	1.0 oz	0.1
05684	Chicken, skin (drumsticks and thighs), with added solution, cooked, braised	28.35	1.0 oz	0.1
05673	Chicken, skin (drumsticks and thighs), cooked, braised	28.35	1.0 oz	0.1
05335	Chicken, feet, boiled	28.35	1.0 oz	0.1
05107	Chicken, broilers or fryers, wing, meat only, cooked, roasted	13.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.0
05353	USDA Commodity, chicken fajita strips, frozen	9.4	1.0 strip	0.0
05696	Turkey from whole, light meat, meat only, with added solution, raw	114.0	4.0 oz	0.0
05664	Ground turkey, fat free, patties, broiled	85.0	1.0 patty	0.0
05024	Chicken, gizzard, all classes, cooked, simmered	145.0	1.0 cup chopped or dice	0.0
05712	Turkey, retail parts, wing, meat only, raw	28.0	3.0 oz	0.0
05179	Turkey from whole, neck, meat only, raw	28.35	1.0 oz	0.0
05347	Chicken, broilers or fryers, back, meat and skin, cooked, rotisserie, original seasoning	102.0	1.0 back	0.0
05729	Turkey, wing, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	0.0
05219	Turkey, breast, from whole bird, meat only, raw	114.0	4.0 oz	0.0
05693	Chicken, broiler, rotisserie, BBQ, back meat only	85.0	3.0 oz	0.0
05661	Chicken, liver, all classes, cooked, pan-fried	44.0	1.0 liver	0.0
05319	Chicken, broiler, rotisserie, BBQ, drumstick, meat only	71.0	1.0 drumstick	0.0
05709	Turkey, retail parts, breast, meat only, with added solution, cooked, roasted	85.0	3.0 oz	0.0
05176	Turkey, heart, all classes, cooked, simmered	20.0	1.0 heart	0.0
05344	Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning	28.35	1.0 oz	0.0
05726	Turkey, thigh, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	0.0
05359	Chicken, broiler, rotisserie, BBQ, drumstick meat and skin	71.0	1.0 drumstick	0.0
05743	Turkey, retail parts, thigh, meat and skin, cooked, roasted	85.0	3.0 oz	0.0
05706	Turkey, whole, meat and skin, with added solution, raw	85.0	3.0 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin K (phyloquinone)(µg) Per Measure
05173	Turkey, gizzard, all classes, raw	63.0	1.0 raw gizzard	0.0
05341	Chicken, broilers or fryers, back, meat only, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	0.0
05722	Turkey, retail parts, thigh, meat only, cooked, roasted	85.0	3.0 oz	0.0
05737	Turkey, retail parts, drumstick, meat and skin, cooked, roasted	85.0	3.0 oz	0.0
05740	Turkey, thigh, from whole bird, meat only, raw	85.0	3.0 oz	0.0
05703	Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	0.0
05170	Turkey, skin from whole (light and dark), roasted	85.0	1.0 serving	0.0
05719	Turkey, back, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	0.0
05186	Turkey, all classes, light meat, cooked, roasted	85.0	1.0 serving	0.0
05356	Chicken, broiler, rotisserie, BBQ, skin	85.0	1.0 serving	0.0
05057	Chicken, broilers or fryers, breast, meat and skin, raw	87.0	0.5 breast, bone removed (yield from 1 lb ready-to-cook chicken)	0.0
05734	Turkey, retail parts, wing, meat and skin, raw	85.0	3.0 oz	0.0
05700	Turkey, dark meat from whole, meat and skin, with added solution, raw	114.0	4.0 oz	0.0
05167	Turkey, whole, meat only, raw	85.0	3.0 oz	0.0
05668	Ground turkey, 85% lean, 15% fat, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.0
05334	Chicken, broiler, rotisserie, BBQ, thigh, meat only	95.0	1.0 thigh	0.0
43390	Turkey, light or dark meat, smoked, cooked, with skin, bone removed	85.0	3.0 oz, boneless	0.0
05716	Turkey, retail parts, drumstick, meat only, raw	85.0	3.0 oz	0.0
05183	Turkey, dark meat, meat and skin, raw	28.35	1.0 oz	0.0
05352	Chicken, broilers or fryers, wing, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 wing	0.0
05000	Chicken, broiler, rotisserie, BBQ, breast meat only	85.0	3.0 oz	0.0
05697	Turkey from whole, light meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	0.0
05665	Ground turkey, 93% lean, 7% fat, raw	28.35	1.0 oz	0.0
05027	Chicken, liver, all classes, raw	44.0	1.0 liver	0.0
05713	Turkey, retail parts, wing, meat only, cooked, roasted	85.0	3.0 oz	0.0
05180	Turkey from whole, neck, meat only, cooked, simmered	85.0	1.0 serving	0.0
05348	Chicken, broilers or fryers, breast, meat and skin, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	0.0
05730	Turkey, wing, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.0
05220	Turkey, breast, from whole bird, meat only, roasted	85.0	3.0 oz	0.0
05694	Turkey, dark meat from whole, meat only, with added solution, raw	114.0	4.0 oz	0.0
05662	Ground turkey, fat free, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.0
05747	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled	85.0	3.0 oz	0.0
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145.0	1.0 cup chopped or dice	0.0
05710	Turkey, retail parts, breast, meat only, raw	85.0	3.0 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin K (phyloquinone)(µg) Per Measure
05177	Turkey, liver, all classes, raw	78.0	1.0 raw liver	0.0
05678	Chicken, dark meat, drumstick, meat only, with added solution, raw	143.0	1.0 drumstick with skin	0.0
05345	Chicken, broilers or fryers, thigh, meat only, cooked, rotisserie, original seasoning	89.0	1.0 thigh	0.0
05727	Turkey, retail parts, breast, meat and skin, with added solution, raw	85.0	3.0 oz	0.0
05215	Turkey, back from whole bird, meat only, raw	114.0	4.0 oz	0.0
05691	Chicken, dark meat, thigh, meat and skin, with added solution, raw	85.0	3.0 oz	0.0
05361	Chicken, broiler, rotisserie, BBQ, thigh meat and skin	95.0	1.0 thigh	0.0
05744	Turkey, back, from whole bird, meat and skin, with added solution, raw	114.0	4.0 oz	0.0
05707	Turkey, whole, meat and skin, with added solution, roasted	85.0	3.0 oz	0.0
05174	Turkey, gizzard, all classes, cooked, simmered	45.0	1.0 gizzard cooked	0.0
05723	Turkey, retail parts, drumstick, meat only, cooked, roasted	28.0	3.0 oz	0.0
05194	Turkey, all classes, leg, meat and skin, cooked, roasted	71.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.0
05062	Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw	85.0	3.0 oz	0.0
05741	Turkey, thigh, from whole bird, meat only, roasted	85.0	3.0 oz	0.0
05704	Turkey, whole, meat only, with added solution, raw	85.0	3.0 oz	0.0
05171	Turkey, whole, giblets, raw	85.0	3.0 oz	0.0
05720	Turkey, back, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.0
05187	Turkey from whole, dark meat, meat only, raw	85.0	1.0 serving	0.0
05688	Chicken, dark meat, drumstick, meat and skin, with added solution, raw	143.0	1.0 drumstick with skin	0.0
05357	Chicken, broiler, rotisserie, BBQ, back meat and skin	85.0	3.0 oz	0.0
05735	Turkey, retail parts, wing, meat and skin, cooked, roasted	85.0	3.0 oz	0.0
05305	Ground turkey, raw	453.6	1.0 lb	0.0
05738	Turkey, drumstick, from whole bird, meat only, raw	85.0	3.0 oz	0.0
05701	Turkey, dark meat from whole, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	0.0
05168	Turkey, whole, meat only, cooked, roasted	85.0	3.0 oz	0.0
05669	Ground turkey, 85% lean, 15% fat, pan-broiled crumbles	85.0	3.0 oz	0.0
43391	Turkey, light or dark meat, smoked, cooked, skin and bone removed	28.0	1.0 medium slice (approx 3" x 2" x 1/4")	0.0
05717	Turkey, retail parts, thigh, meat only, raw	85.0	3.0 oz	0.0
05184	Turkey, dark meat from whole, meat and skin, cooked, roasted	85.0	1.0 serving	0.0
05685	Chicken, skin (drumsticks and thighs), with added solution, raw	28.35	1.0 oz	0.0
05228	Turkey, wing, from whole bird, meat only, roasted	85.0	3.0 oz	0.0
05698	Turkey, skin from whole (light and dark), with added solution, raw	28.35	1.0 oz	0.0
05165	Turkey, whole, meat and skin, raw	85.0	3.0 oz	0.0
05666	Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	85.0	3.0 oz	0.0
43366	Turkey, wing, smoked, cooked, with skin, bone removed	19.0	1.0 oz with bone, cooked (yield after bone removed)	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
05028	Chicken, liver, all classes, cooked, simmered	44.0	1.0 liver	0.0
05714	Turkey, skin, from retail parts, from dark meat, raw	28.35	1.0 oz	0.0
05181	Turkey from whole, light meat, meat and skin, raw	85.0	3.0 oz	0.0
05105	Chicken, broilers or fryers, wing, meat only, raw	17.0	1.0 wing, bone and skin removed (yield from 1 lb ready-to-cook chicken)	0.0
05682	Chicken, dark meat, thigh, meat only, with added solution, raw	85.0	3.0 oz	0.0
05349	Chicken, broilers or fryers, drumstick, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	0.0
05732	Turkey, retail parts, breast, meat and skin, raw	85.0	3.0 oz	0.0
05695	Turkey, dark meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	0.0
05663	Ground turkey, fat free, pan-broiled crumbles	85.0	3.0 oz	0.0
05023	Chicken, gizzard, all classes, raw	28.35	1.0 oz	0.0
05711	Turkey, retail parts, breast, meat only, cooked, roasted	863.0	1.0 breast	0.0
05178	Turkey, liver, all classes, cooked, simmered	53.0	1.0 liver cooked	0.0
05100	Chicken, broilers or fryers, wing, meat and skin, raw	107.0	1.0 piece	0.0
05679	Chicken, dark meat, drumstick, meat only, with added solution, cooked, roasted	91.0	1.0 drumstick without skin	0.0
05346	Chicken, broilers or fryers, wing, meat only, cooked, rotisserie, original seasoning	53.0	1.0 wing	0.0
05728	Turkey, thigh, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.0
05216	Turkey, back, from whole bird, meat only, roasted	85.0	3.0 oz	0.0
05692	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, roasted	130.0	1.0 thigh with skin	0.0
05314	Chicken, broilers or fryers, breast, skinless, boneless, meat only, with added solution, raw	85.0	3.0 oz	0.0
05745	Turkey, back, from whole bird, meat and skin, with added solution, roasted	85.0	3.0 oz	0.0
05708	Turkey, retail parts, breast, meat only, with added solution, raw	1171.0	1.0 breast	0.0
05175	Turkey, heart, all classes, raw	24.0	1.0 piece	0.0
05343	Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	0.0
05725	Turkey, drumstick, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.0
05196	Turkey, all classes, wing, meat and skin, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.0
05362	Chicken, broiler, rotisserie, BBQ, wing meat and skin	51.0	1.0 wing	0.0
05742	Turkey, retail parts, thigh, meat and skin, raw	85.0	3.0 oz	0.0
05705	Turkey, whole, meat only, with added solution, roasted	28.0	3.0 oz	0.0
05172	Turkey, whole, giblets, cooked, simmered	95.0	1.0 giblets	0.0
05339	Chicken, broiler, rotisserie, BBQ, wing, meat only	51.0	1.0 wing	0.0
05721	Turkey, breast, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	0.0
05188	Turkey, from whole, dark meat, cooked, roasted	85.0	1.0 serving	0.0
05689	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, roasted	129.0	1.0 drumstick with skin	0.0
05358	Chicken, broiler, rotisserie, BBQ, breast meat and skin	85.0	3.0 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure
05736	Turkey, retail parts, drumstick, meat and skin, raw	85.0	3.0 oz	0.0
05306	Ground turkey, cooked	82.0	1.0 patty (4 oz, raw) (yield after cooking)	0.0
05739	Turkey, drumstick, from whole bird, meat only, roasted	85.0	3.0 oz	0.0
05702	Turkey from whole, light meat, meat and skin, with added solution, raw	114.0	4.0 oz	0.0
05169	Turkey, skin from whole, (light and dark), raw	28.35	1.0 oz	0.0
05670	Ground turkey, 85% lean, 15% fat, patties, broiled	85.0	3.0 oz	0.0
05718	Turkey, breast, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.0
05185	Turkey from whole, light meat, raw	85.0	1.0 serving	0.0
05354	USDA Commodity, turkey taco meat, frozen, cooked	85.0	3.0 oz	0.0
05733	Turkey, retail parts, breast, meat and skin, cooked, roasted	85.0	3.0 oz	0.0
05699	Turkey, skin from whole, (light and dark), with added solution, roasted	28.35	1.0 oz	0.0
05166	Turkey, whole, meat and skin, cooked, roasted	85.0	3.0 oz	0.0
05667	Ground turkey, 93% lean, 7% fat, patties, broiled	85.0	3.0 oz	0.0
43367	Turkey, drumstick, smoked, cooked, with skin, bone removed	21.0	1.0 oz with bone, cooked (yield after bone removed)	0.0
05715	Turkey, skin, from retail parts, from dark meat, cooked, roasted	28.35	1.0 oz	0.0
05182	Turkey from whole, light meat, meat and skin, cooked, roasted	85.0	1.0 serving	0.0
05683	Chicken, dark meat, thigh, meat only, with added solution, cooked, roasted	130.0	1.0 thigh with skin	0.0
05351	Chicken, broilers or fryers, thigh, meat and skin, cooked, rotisserie, original seasoning	89.0	1.0 thigh	0.0